

STORE SEALED IN A COOL DRY AREA

**Commitment to Quality Program**

Sourced and manufactured to avoid:<sup>†</sup>

- ✓ Artificial Additives ✓ Allergens ✓ GMOs
- ✓ Environmental Contaminants ✓ Added Excipients

[www.PureEncapsulations.com/QualityControl](http://www.PureEncapsulations.com/QualityControl)

<sup>†</sup>See Supplement Facts for specific product details

**Recommendations:** As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

**Tamper Resistant:** Use only if safety seal is intact.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**Keep out of the reach of children.**

Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



***pure***  
**encapsulations**®

# B-Complex Plus

hypoallergenic  
DIETARY SUPPLEMENT

120 CAPSULES

## Supplement Facts

Serving size 1 capsule  
Servings per container 120

|                                                                                                       | Amount Per Serving | % Daily Value |
|-------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Thiamin (as thiamin HCl) (B <sub>1</sub> )                                                            | 100 mg             | 6,667%        |
| Riboflavin (as vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate (activated B <sub>2</sub> ))    | 12.7 mg            | 747%          |
| Niacin (as niacinamide and 8% inositol hexaniacinate (no flush niacin))                               | 108 mg             | 540%          |
| Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> )) | 16.7 mg            | 835%          |
| Folate (as Metabolin®, L-5-MTHF)                                                                      | 400 mcg            | 100%          |
| Vitamin B <sub>12</sub> (as methylcobalamin)                                                          | 400 mcg            | 6,667%        |
| Biotin                                                                                                | 400 mcg            | 133%          |
| Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )                                          | 100 mg             | 1,000%        |

\*Daily value not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

manufactured and formulated by:

**Pure Encapsulations, Inc.** Sudbury, MA USA  
1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

code: **BCP1**



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